



## Goal Setting Tip #8

Setting goals is important for achieving success in any activity. Goal setting for weight loss and weight gain prevention is certainly no exception. Remember to make your goals concrete, realistic and specific.

Sometimes building one healthy behavior on top of another is a good strategy; for example, eating smaller portions leads naturally into the goal of eating only half of a restaurant meal....

This week I will focus on:

- \_\_\_\_\_ When eating out, taking half home in a doggie bag
- \_\_\_\_\_ Asking the waiter to leave sauces/condiments on the side
- \_\_\_\_\_ Planning my meals at least a day, preferably a week in advance
- \_\_\_\_\_ Sharing my meal with a friend
- \_\_\_\_\_ Other: \_\_\_\_\_

For more information on weight gain prevention, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW** community website at <http://airforcemedicine.afms.mil/shapeyourfuture>.

*Shape Your Future... Your Weigh!™*